

Introduction to Injury Care

Physiotherapy in Ajax for Injury Care

Welcome to the North Ajax Rehab & Sports Injury Clinic resource for injury care.



At North Ajax Rehab & Sports Injury Clinic we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting North Ajax Rehab & Sports Injury Clinic, your physician or a qualified specialist first.

At North Ajax Rehab & Sports Injury Clinic we offer Physiotherapy. Registered Massage Therapy, Osteopathy and Acupuncture and look forward to working with you to enjoy maximum mobility and avoid injuries.

Articles

[Acute Injury Care](#)

[R.I.C.E.](#)

[Inflammation](#)

[Cast Care](#)

[Postsurgical Infection](#)